



**SEATTLE PARKS
AND RECREATION**

Delridge

COMMUNITY CENTER

4501 Delridge Way S ❁ Seattle, WA 98106 ❁ (206) 684-7423



Summer 2006

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Delridge Community Center

4501 Delridge Way S

Seattle, WA 98106

Phone: 206-684-7423 Fax 206-684-7424

Visit us online at www.seattle.gov/parks!



Hours of Operation

Monday	1 to 9 p.m.
Tuesday – Thursday	11 a.m. to 9 p.m.
Friday	1 to 9 p.m.
Saturday	Closed
Saturday Late Night	7 p.m. to Midnight
Sunday	Closed

Holiday closures

Tuesday, July 4, Independence Day

Monday, September 4, Labor Day

Program registration

Registration begins May 30, 2006

Program dates

June 19 to September 3, 2006

Mission

Seattle Parks and Recreation will work with all citizens to be good stewards of our environment, and to provide safe and welcoming opportunities to play, learn, contemplate, and build community.

You Can Make a Difference!

Delridge Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held at 7 p.m. on the fourth Thursday of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. If you'd like to get involved, please contact our staff at 206-684-7423.

Most activities are funded through the Advisory Council rather than through Seattle Parks and Recreation. Revenues generated through program fees offset program costs to make Advisory Council activities self-sustaining. We rely heavily on program participation, donations, and contributions to buy, repair, maintain, and upgrade program equipment and supplies.

Scholarships

Our Advisory Council wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. The Council may choose to offer scholarships for qualified applicants. To apply for a scholarship, please talk to a member of our staff.

Management Staff

Ken Bounds, *Superintendent*

B. J. Brooks, *Deputy Superintendent*

Christopher Williams, *Operations Director*

Katie Gray, *Recreation South Manager*

Professional Staff

Alice Greer, *Recreation Center Coordinator*

Nanette Fuerte, *Asst. Rec. Center Coordinator*

Mary Jo Rossman, *Maintenance Laborer*

Susie Malmquist, *Teen Development Leader*

Bryan Hayes, *Late Night Rec. Program Specialist*

Damien Hicks, *Out-of-School Care Coordinator*

Darryl Yee, *Recreation Attendant*

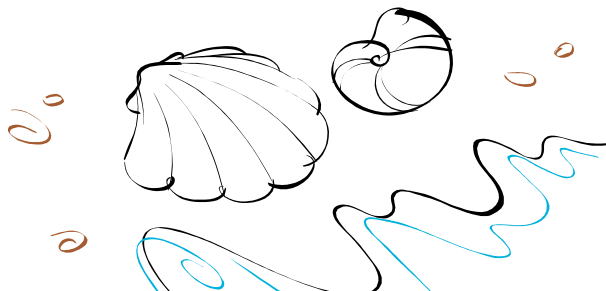
Payment

You can pay for classes and other activities by mail, in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle. PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a \$20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second session of a class), may receive a refund minus a service charge.
- Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second session of a class), will receive no refund.
- Please read the entire policy, #7.16, for specific information.



Summer Happenings

Delridge Wading Pool

Free

Cool your feet and let your little one splash and play!



As an element of the City of Seattle water conservation effort, we're encouraging people to use the public wading pools rather than fill their home "kiddy pools" or back-yard sprinklers. In accordance with state law, we fill,

supervise and empty the wading pool every day.

We will open the wading pools on sunny days when the temperature is forecast to be 70° or above. On most days we will fill them half full ...but on the warmest and busiest days we will fill them to the top!

Mon – Sat Noon – 7 p.m. Jun 17 – Sep 2
Closed Tuesday, July 4

Cottage Grove Clean and Green Neighborhood Clean Up Day

Free

City departments and community volunteers will be picking up litter, removing ivy from Longfellow Creek, weeding traffic circles, and making other physical improvements to the area between SW Graham, SW Andover, 30th Ave SW, 22nd Ave SW, and along Delridge Way SW. If you are interested in getting involved show up at Greg Davis Park, 26th SW/SW Brandon at 9 a.m. for morning snacks, work party assignments and meet and greet with Mayor Nickels.

Sat, Jun 17

9 a.m.

Location: Greg Davis Park- 26th and SW Brandon

Southwest Police Precinct Community Picnic

Free

Please join our community at the 2nd Annual Southwest Police Precinct Community Picnic. Various community organizations will be attendance and will have information on programs and events at their sites.

Sat, Jun 17

Noon – 3 p.m.

Creek Walk & Delridge Festival

June 24, 2006 Dragonfly Park (28th & SW Dakota, just south of All Star Fitness) Free

Join your neighbors for a celebration of Delridge with walks on the Legacy Trail, music, booths, and art activities! For more information, contact Kate Stannard at **923-0917 ext111** or **kates@dnda.org**, or visit the websites **www.dnda.org** and **www.longfellowcreek.org**



Schedule of Activities

9:30 a.m. Meet at Roxhill Park for coffee, juice, and muffins.

10:00 a.m. Creek Walk #1 – Leave on walk headed north on the Longfellow Creek Legacy Trail.

10:30 a.m. Creek Walk #2 – A shorter walk for the family. Start at SW Graham and Delridge Way SW, and walk north on the Longfellow Creek Legacy Trail.

Noon – 3 p.m. Festival at Dragonfly Park – Dance to music by Laura Love and other local artists. Enjoy booths, art activities, food, and a fire engine for the kids to climb on.

Illustration by Bill Reiswig

Youth Athletics & Piano



Athletics

Flag Football \$30

Flag Football is available in four divisions for ages 6 to 14. Players learn basic skills, team play and sportsmanship needed to participate on a citywide basis. Players sign up at community centers and are placed on teams. Leagues are formed and games are played in accordance with NFL flag football rules and field dimensions. Play begins on September 23 and will conclude on November 18. Team practices will be held on outside field.

Ages 6 to 14

Instructor: TBD

Practices times TBA Sep 18 – Nov 18

Location: Delridge Field

Girls Volleyball \$30

Volleyball is available to athletes ages 10 to 17 in different divisions. Players learn basic skills, team work, and sportsmanship. Leagues are formed and play begins the week of September 18. Play concludes the week of November 13.

Ages: Girls 10 to 17

Instructor: TBD

Practice times TBA Sep 18 – Nov 18

Location: Delridge Gymnasium

★New!★ Open Volleyball! Free*

Open volleyball is for youth ages 10-17 and adults 18 and over. All skill levels welcome.

Two nets will be set up for beginners and intermediate play. (***Adults 18+ \$2 drop-in fee; Senior Adults 65+ \$1**)

Age: Youth 10 to 17, Adults 18 and over

Wednesdays

7 – 8:45 p.m.

Jun 28 – Aug 30

Location: Delridge Gymnasium



Move Over Mozart \$79

Move Over Mozart teaches group lessons to 6 children at a time. Children participate in musical activities and learn from each other as well as from their teacher. They learn to play familiar tunes on the piano along with reading music and music theory. **\$10 annual registration fee not included in cost.**

Age: Youth 5 to 12

Instructor: Pamela Cornell

Tuesdays 5:30 – 7 p.m. Jun 27 – Aug 29

Ages 5 & 6 5:30 – 6 p.m.

Ages 7 & 8 6 – 6:30 p.m.

Ages 9 – 12 6:30 – 7 p.m.

Location: Gameroom

Out-of-School Time

Early Bird Care Program \$100/mth

The Early Bird Program is for parents who need Out-of-School Care for their children from 6 to 7 a.m. **DSHS certified. Register now for fall.**

Age: 5 to 12

Mon – Fri 6 – 7 a.m. Sep 6 – Dec 15

Location: Kidplace/Multipurpose room

Before and After School Care



Delridge Community Center offers a safe and supervised After School Program for school-aged children ages 5 to 12. Each month has a different theme which involves arts & crafts, cooking, special events, field trips, sports and

fitness, and homework/reading time. A snack is provided each day. Transportation is not provided. Please contact school transportation at 252-0900. **Scholarships available. DSHS certified. Register now for fall.**

Before School Program \$160/mth

Age: 5 to 12

Mon – Fri 7 – 9 a.m. Sep 6 – Dec 15

Location: Kidsplace/Multi-purpose room

After School Care Program \$245/mth

Age: 5 to 12

Mon – Fri 3 – 6 p.m. Sep 6 – Dec 15

Location: Kidsplace/Multi-purpose room



Summer Day Camp \$135/ wk*

Come spend your summer at the Delridge Summer Day Camp. Youth ages 5-10 will enjoy arts & crafts, fitness, cooking

and fun-filled field trips. Each week focuses on different activities. **City Scholarships available, DSHS certified**

Age: 5 to 10

Mon – Fri 7 a.m. – 6 p.m. Jun 26 – Sep 1

Location: Multi-Purpose Room



Weekly Themes

Week 1: Summer Blast Off

Week 2: Low Tides & Hay Rides

***No camp Tue, Jul 4; pro-rated fee: \$108**

Week 3: It's Showtime in Seattle

Week 4: Wacky Water Week

Week5: Outdoor Adventures

Week 6: Different Places & Different Faces

Week 7: Wheels! Wheels! Wheels!

Week 8: So High You Can Touch the Sky!

Week 9: Creek Critters & Amazing Animals

Week 10: Back to School Bash

Each week is subject to change.

Delridge Teen Program

Teen Program

Free*

The Delridge Teen Program offers structured activities and projects Tuesday-Friday for teens ages 13-19. Delridge offers teens a terrific room with great "hang-out" activities such as music, video games, karaoke, games and arts & crafts projects. Teens may also use the computer lab to complete their homework.

Instructor: Susie Malmquist

Age: 13 to 19

Tue – Fri 2:30 – 7 p.m. Jun 27 – Sep 1

*Activities are free unless otherwise posted

Location: Teen Room

Teen Advisory Group

Free

Be one of the natural teen leaders who will meet once a month to make their voices heard by contributing their leadership to issues/activities within our community and citywide. T.A.G. is always looking for new members!

Age: Teens 13 to 19

Last Thursday of the month 6 – 7:30 p.m.

Delridge Teen Bowling Team Free

In two years the Delridge Bowling Team has become "WORLD CLASS". This spring we will be continuing our weekly bowling trips to Roxbury Lanes for a couple of games, hot dogs and drinks. Sign up with Susie to join the team.

Age: 13 to 19

Wednesdays 4 – 6 p.m. Jun 28 – Sep 13

End of Summer Showcase Party

Brought to you by Delridge Late Night and Teen Programs, with Southwest Teen Center and Youngstown Cultural Arts Center.

Bring your rap, rhymes, lyrics, poems, songs, dance, and spoken word skills! You can also learn how to improve or gain new technical and production skills through free classes and instruction. This Program runs through the summer with the big showcase and after-party to be held Saturday, August 19, at Youngstown Cultural Center. Join us for this fun-filled production. For further information please contact Delridge Community Center and/or visit the teen and late night programs.

Late Night

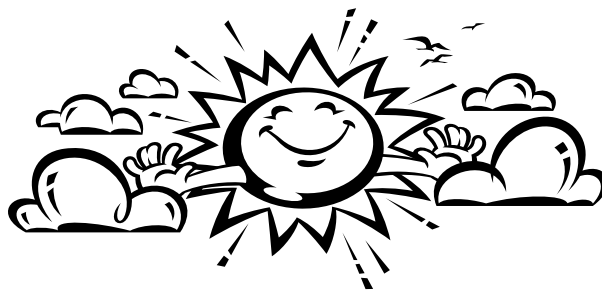
Late Night Recreation Program



Every Saturday come and participate in an exciting and fun-filled evening of activities that include-basketball, computer lab, arts & crafts, games, club meetings, music and dance.

Instructor: Damon Barnett
Saturdays 7 p.m. – Midnight

Location: Delridge Community Center



Middle School Summer Camp \$135/wk

Teens ages 11-14, tired of hanging out at home? Check out the Middle School Summer Camp at Delridge this summer. Plan on being out and about at the parks, pools, nature trails, movie theaters, bowling alleys and of course WILD WAVES. There will be tons to do! **City Scholarships available.**

Age: 11 to 14

Mon – Fri 8 a.m. – 5 p.m. Jun 26 – Sep 1

Location: Game Room

Weekly Themes

Week 1: Summer Kick Off!

Week 2: Red, White, Blue

No camp Tue, Jul 4; pro-rated fee \$108

Week 3: Survivor in Seattle

Week 4: Around the City in 5

Week 5: Wet N Wild

Week 6: Wide World of Sports

Week 7: Planes, Trains, Automobiles

Week 8: You Call It!

Week 9: Food 911

Week 10: End of Summer

All Ages

OnRamp Computer Access Center

Delridge OnRamp offers classes in partnership with South Seattle Community College's Continuing Education Department. For more information, call the South Seattle Community College Continuing Education office at (206) 764-5339.

Age: all ages

Mon – Fri 1 – 6 p.m. Jun 26 – Sep 1

OnRamp Fees

Youth (Ages 5 – 17) 25¢

Adults (Ages 18 –64) \$2

Senior Adults (Ages 65+) \$1

Location: Computer Lab



Special Populations



What's Cooking? \$15

Learn the basic skills for preparing and cooking healthy meals. You will learn what's needed to prepare a meal from beginning to end and eat the finished meal.

Age: 18 and over

Tuesdays 6:30 – 8:30 p.m. Jun 13 – Jul 11

Contact Special Programs office to register:
(206) 684-4950.

Location: Kitchen

Would You Like More Information About Special Populations Programs?

For more information about programs for youth and adults with special needs, please call the Special Populations Office at 206-684-4950 or visit our web site:

www.seattle.gov/parks/SpecialPops/index.htm

Adult Dance

Egyptian Belly Dance – Basic \$75

Build strength, grace, and confidence while exploring the ancient art of Egyptian style belly dance. You will learn basic technique and posture including intricate hip isolations, fluid torso undulations and sensuous arm and hand movements. We will be working on alignment—please wear exercise pants and a snug fitting top so your posture can be seen. Please bring a scarf to tie around your hips!

Age: 16 and over

Instructor: NOOR

Saturdays 11 a.m. – Noon Jul 1 – Sep 2

Location: Multipurpose room

Egyptian Belly Dance – Beginning/Intermediate \$75

This class will build on the movements learned in the basic class. In addition to drilling basic technique, we will work on shimmies, traveling steps, turns, and short rhythm-specific combinations. Please wear exercise pants and a snug fitting top so your posture can be seen. Please bring a scarf to tie around your hips.

Age: 16 and over

Instructor: NOOR

Saturdays 12:15 – 1:15 p.m. Jul 1 – Sep 2

Location: Multipurpose room

Beginning Tap Dance \$90/qtr

Always wanted to learn how to tap dance? This class is for you! Have fun while learning the shuffle, flab ball change, and more. **Fee can be paid monthly.**

Age: Adults 18 and over

Instructor: Susan Wright

Thursdays 6:45 – 7:45 p.m. Jun 29 – Aug 31

Location: Multipurpose Room

Tap II \$90/qtr

This class goes beyond the basics with riffs, cramp rolls, and more complex combinations. Learn complex combinations and have an opportunity to perform. **Fee can be paid monthly.**

Instructor: Susan Wright

Age: 18 and over

Wednesdays 6:45 – 7:45 p.m. Jun 28 – Aug 30

Location: Multipurpose Room

Ballroom Dancing – Beginning \$45

Glide across the floor with ease after taking this beginning five-session ballroom class. Learn how to do the fox trot, waltz and tango in this easy step-by-step beginning level class. Leading and following techniques will be stressed throughout this course. Both singles and couples are welcome. **Please register with South Seattle Community College.**

Age: Adults 18 and over

Instructor: Anita LaFranchi

Tuesdays 6:45 – 7:45 p.m. Jul 11 – Aug 8

Location: Multipurpose Room

Jazz II \$90/qtr

This class goes beyond the basics with riffs, cramp rolls, and more complex combinations. **Fee can be paid monthly.**

Age: Adults 18 and over

Instructor: Susan Wright

Wednesdays 7:50 – 8:50 p.m. Jun 28 – Aug 30

Location: Multipurpose Room

Salsa Dancing – Beginning \$60

Seattle's Salsa scene is popping with events and activities from around the world. Learn Salsa the way it is danced by the people of all ages in the smallest Latin towns to some of the most exciting nightclub scenes around the world. Be introduced to the Cha-Cha and the Merengue. No partner necessary. **Please register with South Seattle Community College.**

Age: Adults 18 and over

Instructor: Baker

Mondays 7 – 8:15 p.m. Jul 10 – Aug 7

Location: Multipurpose Room

Salsa Dancing Partners \$55

Improve upon your Salsa dancing and learn the Cha-Cha and Merengue as well. No partner necessary. **Please register with South Seattle Community College.**

Age: Adults 18 and over

Instructor: Baker

Mondays

7 – 8:15 p.m.

Jul 10 – Aug 7



Adult Dance

Jitterbug Swing – Beginning \$45

If you want to go out dancin', this is the class you need to take! Dance to Big Band, Swing, Rock'n'Roll, Country New Wave, Jazz and Blues. Jitterbug is uniquely American and learning it is exhilarating. No experience or partner required. Be prepared to have fun. **Please register through South Seattle Community College.**

Age: Adults 18 and over

Instructor: Anita LaFranchi

Tuesdays 7:45 – 8:45 p.m. Jul 11 – Aug 8

Location: Multipurpose Room

Jitterbug Swing – Partner \$40

This class adds new moves and interesting variation to the beginner course. Become more confident in leading and following. The more you learn about this most versatile of dance styles, the more fun you will have! Prerequisite: Jitterbug/Swing I or similar experience. **Please register through South Seattle Community College.**

Age: Adults 18 and over

Instructor: Anita LaFranchi

Tuesdays 7:45 – 8:45 p.m. Jul 11 – Aug 8

Location: Multipurpose Room



Line Dancing – Beginning \$40

Heel toe your way into fitness. These no partner pattern line dances are not only great fun, but good for the body and mind. We'll start by learning the basic steps used in line dancing and

practice them in various dances. No experience necessary. **Please register through South Seattle Community College.**

Age: Adults 18 and over

Instructor: Linda Reese

Mondays 5:30 – 6:30 p.m. Jul 10 – Aug 7

Location: Multipurpose Room

Line Dancing – Beg. Partner \$35

Have fun and get fit! This class adds new line dances, increasing the level of difficulty. Basic knowledge required. Come prepared to kick up your heels and tap your toes! **Please register through South Seattle Community College.**

Age: Adults 18 and over

Instructor: Linda Reese

Mondays 5:30 – 6:30 p.m. Jul 10 – Aug 7

Location: Multipurpose Room

Adult Athletics & Fitness

Fitness Room

The fitness room at Delridge Community Center offers weight machines, free weights, three treadmills, two step machines and a stationary cycle.

Age: 18 and over

Mon – Sat 11 a.m. – 8:45 p.m.

Fees:

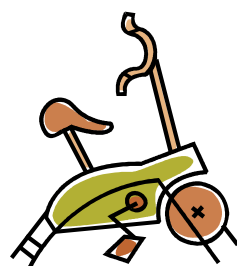
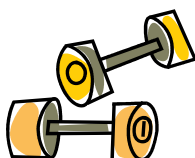
\$2 daily drop-in,

\$8 5-visit card

\$20 15-visit card

\$30 30-visit card

Location: Fitness room



Adult Drop-In Basketball \$2 drop-in

Adults 18 and over "HOOP IT UP" at Delridge on Tuesday and Thursdays.

Ages 18 and over

Tue/Thu 7 – 8:45 p.m. Jun 27 – Aug 31

Location: Delridge Gymnasium

Adult Drop-In Volleyball \$2 drop-in*

Open volleyball is for youth ages 10-17 and adults 18 and over. All skill levels welcome. Two nets will be set up for beginners and intermediate play. (*Youth 10 to 17 play free.)

Ages youth 10 to 17, adults 18 and over

Wednesdays 7 – 8:45 p.m. Jun 28 – Aug 30

Location: Delridge Gymnasium

Senior Adult Programs

Classes/Special Events Registration Information

Mary Dalzell, Recreation Specialist
206-935-2162

E-mail: mary.dalzell@seattle.gov

Winter Dates: Jul 3 – Sep 15

No classes: Tue, Jul 4; Mon, Sep 4

Class Registrations: Begin June 20 at 9 a.m. by calling 206-935-2162

Payments: Please make checks payable to: Senior Adult Advisory Council ("SAAC"). Mail to: Senior Adult Programs, Attn: Mary – SW, 8061 Densmore Ave N, Seattle, WA 98103-4436.

Sound Steps Local Walks Free

Sound Steps is a free walking program for senior adults! Meet new friends, win prizes, and enjoy the many health benefits of walking. **For questions and to register, call Sound Steps Coordinator Mari Becker at 206-684-4664.**

Harbor Avenue Walking Group

Regular walking with friends, while enjoying Seattle's natural beauty along the water. Meet at Duwamish Head, 1140 Alki Ave SW.

Tue/Thu 9 – 10 a.m.

Location: Meet at Duwamish Head

High Point Walking Group

Walking is fun when you do it with your friends and neighbors! Meet at the High Point Library lobby, 3411 S.W. Raymond. Time to check out books when you're done.

Wednesdays 10:30 – 11:30 a.m.

Location: Meet at High Point Library

Friday Walks Free

Morning walking with others. Meet at the Statue of Liberty on Alki Beach. Exercise, social interaction, and great view all in one hour of walking!

Fridays 10 – 11 a.m.

Location: Meet at Statute of Liberty



California Line Dancing \$3.50

Join Cheryle Spangler, who is visiting from California, in a variety of dances. She has been teaching for seven years and is currently teaching seven classes per week.

She will be here compliments of her good friends Paul & Linda Reese. Please be registered by August 16. To register call Angela at Jefferson 684-7484 or Mary at High Point 935-2162. Light refreshments served.

**Location: Jefferson CC, 3801 Beacon Ave S
Wed, Aug 23 1 – 3 p.m.**

West Seattle Parade Free

This will be our second year participating in this community event. Those of us who paraded last year are again looking forward to this event and we would like more to join us. Please call Mary at 935-2162 for additional details.

Sat, Jul 22 10 a.m. – 1 p.m.

Computer Classes Free

Computer training and access is available at the Westwood Heights Tech. Center located at 9455-27th Ave SW. Call Jacque to register: 932-6942 x16. This facility is specifically designed to meet the needs of the senior adult populace who wish to experience computers or continue the learning process. **Instructor: Jacque Cook**

Open Access

Do your own thing on the computer.

Mon – Sat Please call to confirm times

Computer Knowledge Shared

Tuesdays 10 – 11 a.m.

Beginning Computers

Mon – Wed 11 a.m. – Noon

Senior Adult Programs

Trip Registration Information

Make checks payable to: SAAC.

Mail checks to: Senior Adult Programs,
Attn: Mary – SW, 8061 Densmore Ave
N, Seattle, WA 98103-4436.

Payment must be received 5 working days prior to departure. Trip times/costs/destinations are subject to change.
On all trips, lunch is on your own.

Pick-up Sites:

High Point CC..... 6920 34th Ave SW
Hiawatha CC..... South parking lot
of Safeway on California Ave SW
Please don't park in Safeway's parking lot

Antique Auction \$5

A new experience! Attend an antique auction at Pacific Galleries. Preview items first; bidding begins at 10 a.m. After auction, time in their antique mall. **Reg. Jul 15**
Mon, Jun 26 8:45 a.m. – 4 p.m.

Art By The Bay \$10

Camano Islands 14th annual festival featuring over 100 artists, a variety of food, and entertainment. **Reg. Jul 6**
Sat, Jul 15 9 a.m. – 5 p.m.

King County Fair \$7

When was the last time you enjoyed the Enumclaw county fair? **Reg. Jul 11**
Thu, Jul 20 9 a.m. – 4 p.m.



Steilacoom Salmon Bake \$7

Small town spirit abounds in this annual event on the shores of Puget Sound. Variety of interesting sites in the area to see. **Reg. Jul 13**
Sun, Jul 30 9:30 a.m. – 4 p.m.

Gourmet Chocolate/Market \$7

Turn of the century handcrafted candy made right before your eyes. Cookies, chocolates, lollipops and ribbon candy. A stop at Woodinville farmer's market included. **Reg. Jul 18**
Sat, Aug 5 9:15 a.m. – 3 p.m.

Mystery \$6

Involves a boat and you must be mobile to board. There is a slight chance of date change. This trip includes other sites as well. **Reg. Jul 25**
Thu, Aug 10 9 a.m. – 4 p.m.

Mt. Vernon Walking Tour \$9

Olde town walking tour. A stroll back through history. This is a self guided tour so take your time. **Reg. Aug 8**
Thu, Aug 24 9:30 a.m. – 5 p.m.

Victorian Tea Room \$6

This is a repeat trip to the Port Orchard Rose room for tea and lunch. The set lunch of Approx. \$13 plus ferry fees are not included in price. **Reg. Aug 15**
Thu, Aug 31 10 a.m. – 4:30 p.m.

Quinault Casino in Ocean Shores \$38

Great incentive prizes for you on this trip; \$50 dollar drawing, two logo gift give-aways, gaming coupons, and discounts on meals. Good luck during your 4 hour stay. Enjoy shopping and browsing at local souvenir shops. Charter trip with restroom on bus. Lunch on your own. **Reg. Aug 14**
Tue, Sep 5 7:45 a.m. – 7:30 p.m.

Small Towns \$8

Snoqualmie, Mt. Si, and North Bend will be our sites to ramble around and see what is happening. **Reg. Aug 22**
Thu, Sep 14 9:30 a.m. – 4 p.m.

SOUTHWEST POOL DAILY SCHEDULE SUMMER 2006: 6/24 – 9/3

POOL CLOSED

Tuesday, July 4 Independence Day
Monday, September 4 Labor Day

MONDAYS & WEDNESDAYS

6:00 – 7:30 a.m. Early Morning Lap Swim¹
7:30 – 9:30 a.m. Swim Team Workout
9:30 – Noon Swim Lessons
Noon – 1:30 p.m. Adult & Senior Swim
1:30 – 3:00 Public Swim
3:00 – 4:00 Lap Swim
4:00 – 5:30 Swim Lessons
5:30 – 6:30 Lap Swim
6:30 – 7:15 (Wed) Springboard Diving
6:30 – 7:30 Swim Lessons
7:30 – 8:15 Hydro-Fit (*deep end*)
7:30 – 8:30 Shallow End Public Swim

TUESDAYS & THURSDAYS

7:30 – 9:30 a.m. Swim Team Workout
9:30 – Noon Swim Lessons
Noon – 1:30 p.m. Adult & Senior Swim
1:30 – 2:30 Senior Adult Water Exercise
2:35 – 4:00 Public Swim
4:30 – 5:00 Three Year Old Lessons
5:00 – 6:00 Lap Swim
6:00 – 7:30 Swim Lessons
7:30 – 8:30 Public Swim
8:30 – 9:15 Hydro-Fit (*deep end*)
8:30 – 9:15 Adult Water Aerobics (*shallow end*)

FRIDAYS

6:00 – 7:30 a.m. Early Morning Lap Swim¹
7:30 – 9:30 a.m. Swim Team Workout
9:30 – Noon Swim Lessons
Noon – 1:30 p.m. Adult & Senior Swim
1:30 – 3:00 Public Swim
3:00 – 4:00 Lap Swim
4:00 – 4:45 Springboard Diving Lessons
4:30 – 5:30 Public Swim
5:30 – 7:00 Lap Swim
7:00 – 8:00 Family Swim
8:00 – 10:00 Rentals (Call to Schedule)

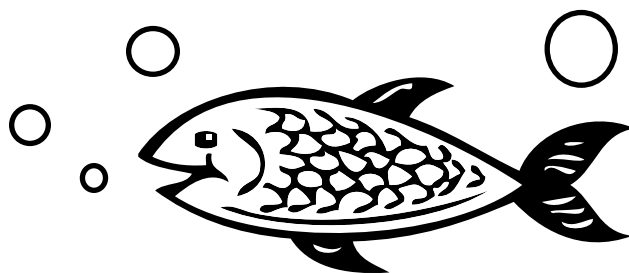
¹Admission to EMLS by swim ticket only

SATURDAYS

9:30 – 10:30 a.m. Lap Swim
10:30 – 11:00 Private Lessons
10:30 – Noon Swim Lessons
Noon – 1:00 p.m. Lap Swim
Noon – 1:00 Triathlete Training
1:00 – 2:00 Public Swim
2:00 – 10:00 Rentals (Call to Schedule)

SUNDAYS

11:00 – 12:30 p.m. Adult & Senior Swim
12:30 – 2:00 Swim Lessons
2:00 – 3:00 Family Swim
3:00 – 4:00 Special Pops Lessons
4:00 – 5:00 Public Swim
5:00 – 6:00 Lap Swim
6:00 – 10:00 Rentals (Call to Schedule)



FACILITY FEES & CHARGES

Youth (1 – 17)	\$2.75
Adult (18 – 64)	\$3.75
Senior Adult (65+)	\$2.75
Special Populations	\$2.75
Masters Workout	\$4.75
Water Aerobics	\$4.75
Hydro-Fit/Aqua Jog	\$4.75
Sr. Adult Water Aerobics	\$3.00
Non-Recreation Spa,	
Weights, Sauna Use	\$3.75
Spa (in addition to swim)	50¢
Recreation Pass (Save \$2)	\$20.00
Fitness Pass (Save \$3)	\$30.00
F.A.S.T. Pass Adult	\$45.00
(Unlimited 1 month)	
F.A.S.T. Pass Youth/Senior	\$35.00
Water Equipment Rental	\$1.50
Showers	\$3.75

Southwest Pool offers a comprehensive swim lesson program.
Call 206-684-7440 for class information and registration dates.

SOUTHWEST POOL RECREATIONAL & FITNESS PROGRAMS

LOOKING FOR PRIVATE LESSONS?

We offer private lessons at a variety of times. To schedule, call Diane Jones or Nancy Eisner at (206) 684-7440.

ADULT/SENIOR ADULT SWIM

A recreational swim period for adults 18 years and over. Fast, medium, and easy lanes available for fitness swimming.

Monday - Friday Noon - 1:30 p.m.
Sunday 11 a.m. - 12:30 p.m.

LAP SWIM

This program is designed for the serious swimmer as well as those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels.

M/W/F* 6:00 - 7:30 a.m.
M/W/F 3:00 - 4:00 p.m.
M/W 5:30 - 6:30 p.m.
T/TH 5:00 - 6:00 p.m.
Friday 5:30 - 7:00 p.m.
Saturday 9:30 - 10:30 a.m.
Saturday Noon - 1:00 p.m.
*Admission to EMLS by swim ticket only.

PUBLIC SWIM

This is a recreational time for all ages. You may bring your clean masks, fins, snorkels, life preservers, and water wings to use.

Mon/Wed/Fri 1:30 - 3:00 p.m.
Tue/Thu 2:35 - 4:00 p.m.
Monday - Thursday 7:30 - 8:30 p.m.
(Mon. & Wed. eves are shallow end only.)
Friday 4:30 - 5:30 p.m.
Saturday 1:00 - 2:00 p.m.
Sunday 4:00 - 5:00 p.m.

FAMILY FLOAT SWIM

The family float swim is a recreational time for the family. A parent/guardian must accompany youth under 18 yrs. in the water.

Friday 1:30 - 2:30 p.m.
Friday 7:00 - 8:00 p.m.
Sunday 2:00 - 3:00 p.m.

ADULT WATER AEROBICS

This 45-minute program is designed to tone up muscles and stay fit. Emphasis on flexibility and range of motion. This class is taught in the shallow end. No swimming ability required.

Tuesday & Thursday 8:30 - 9:15 p.m.
Class Fee: \$4.75 Adults/\$3.00 Seniors

ADULT HYDRO-FIT

Hydro-Fit is a 45-minute deep-water, non-impact, adult exercise program. The use of specially-designed buoyancy and resistance apparatus provide a demanding workout for the whole body. Some deep water swimming ability required.

Monday & Wednesday 7:30 - 8:15 p.m.
Tuesday & Thursday 8:30 - 9:15 p.m.
Class Fee: \$4.75 Adults/\$3.00 Seniors

SENIOR ADULT WATER EXERCISE

This shallow-end program provides a therapeutic exercise time for senior adults. Participants can expect increased strength and flexibility while improving their cardiovascular systems. No swimming ability required.

Tuesday & Thursday 1:30 - 2:30 p.m.
Class Fee: \$4.75 Adults/\$3.00 Seniors

LEARN TO SWIM AT SOUTHWEST POOL!

There will be changes to our lesson program starting this summer. We are moving to a new computerized registration system that we hope will make signing up for lessons easy and fast for you!

**Call us at (206)684-7440 for
details on how you can sign up!**

For a complete Southwest Pool schedule, please call (206) 684-7440.
Southwest Pool is located at 2801 SW Thistle Street.

Seattle Parks General Information

E-Brochures are available!

In keeping with our environmental stewardship policies, we're trying to reduce the amount of paper we use. We invite you to visit our web site at www.seattle.gov/parks. You can find this brochure information online.

Fees and Charges

Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees collected by the Advisory Council are used to offset the cost of providing the programs. Program charges include user fees of 3.25% paid to Seattle Parks and Recreation to defray operating costs. Class and program fees include Washington state sales tax where applicable.

Suggestions

We welcome your ideas. If you want to suggest a new class, or if you have an idea you think would benefit us or our community in general, please let us know.

Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interests and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please talk to a member of our staff.

Anti-discrimination

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Delridge Facility Rentals

Rent Delridge Community Center for birthdays, weddings, meetings, dances, family reunions, seminars, craft shows, etc. Contact Delridge Community Center Staff at 206-684-7423 for cost and availability. If the Delridge Community Center doesn't suit your needs, visit the Seattle Parks and Recreation website at www.seattle.gov/parks/reservations/facrentalguide.htm;

there are over 20 locations that can be rented throughout the Parks Department.

More information

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for youth/adults with disabilities, please call 206-684-4950.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Confirmations

Sorry, we cannot confirm class registration by mail or phone, but we will notify you by phone if your class is postponed or cancelled.

The Pro Parks Levy is Making a Difference in Your Community

With funding approved for this eight-year levy by Seattle voters in 2000, we're building new parks, enhancing maintenance, and expanding programs throughout the city. Our recreation facilities are providing innovative teen programs that enhance self-esteem and build life skills, more environmental education to increase awareness about the wonders that surround us, swimming lessons for all 3rd and 4th graders to make sure every Seattle child knows how to swim, a wider range of activities for seniors, and more.

We're cleaning and removing litter from our facilities and parks more often; expanding park maintenance in the summer months, when use is high; and working hard to maintain our valuable landscapes, trees, and other natural assets. Whether you prefer sports or quiet contemplation, there are more active play areas and passive park lands available for you. New things are happening every day, so keep an eye out for Pro Parks Levy signs in your neighborhood!

Helpful Phone Numbers

Community Centers

Alki 684-7430
 Ballard..... 684-4093
 Bitter Lake 684-7524
Delridge 684-7423
 Garfield 684-4788
 Green Lake..... 684-0780
 Hiawatha..... 684-7441
 High Point..... 684-7422
 International District/
 Chinatown 233-0042
 Jefferson..... 684-7481
 Laurelhurst..... 684-7529
 Loyal Heights 684-4052
 Magnolia 386-4235
 Meadowbrook 684-7522
 Miller 684-4753
 Montlake 684-4736
 Queen Anne 386-4240
 Rainier 386-1919
 Rainier Beach..... 386-1925
 Ravenna-Eckstein.... 684-7534
 South Park 684-7451
 Southwest 684-7438
 Van Asselt..... 386-1921
 Yesler 386-1245

Environmental Learning Centers

Carkeek Park..... 684-0877
 Camp Long 684-7434
 Discovery Park 386-4236
 Seward Park 684-4396

Emergencies

Fire/Medical/Police 911
 Poison Center..... 536-2121
 Crisis Clinic..... 461-3222
 Animal Control..... 386-7387

Pools & Aquatic Programs

Ballard Pool..... 684-4094
 Beach Programs* 684-7185
 Colman Pool* 684-7494
 Evans Pool..... 684-4961
 Madison Pool 684-4979
 Meadowbrook Pool..... 684-4989
 Medgar Evers Pool.... 684-4763
 “Pop” Mounger Pool*... 684-4708
 Queen Anne Pool..... 386-4282
 Rainier Beach Pool ... 386-1944
 Southwest Pool..... 684-7440
 Wading Pool Hotline* 684-7796
 *Summer Only

Boating

Green Lake Small
 Craft Center 684-4074
 Green Lake
 Boat Rental..... 527-0171
 Mt. Baker Rowing
 & Sailing 386-1913
 Boat Launch Permits 684-4075

Performing & Visual Arts

Alki Bathhouse 684-7430
 Bathhouse Theater ... 524-9108
 Daybreak Star 524-9108
 Langston Hughes
 Performing Arts Ctr . 684-4757
 Madrona Dance Studio 325-4161
 Pratt Fine Arts Center 328-2200
 Seward Park
 Art Studio 722-6342

Schools

Highland Park 252-8240
 Sanislo 252-8380
 Cooper 252-8170
 Schmitz Park..... 252-9700
 High Point..... 933-5390
 Fairmount Park 252-9290

Golf & Tennis

Amy Yee Tennis Ctr .. 684-4764
 Green Lake
 Pitch 'n' Putt 632-2280
 Interbay Family
 Golf Center 285-2200
 Jackson Park Golf..... 363-4747
 Jefferson Park Golf ... 762-4513
 Jefferson Driving Range 763-8989
 West Seattle Golf..... 935-5187

Gardens

Japanese Garden 684-4725
 (March – November)
 Kubota Garden..... 684-4584
 Tours 725-5060
 Parsons Garden 684-4075
 Volunteer Park
 Conservatory 684-4743
 Washington Park
 Arboretum 543-8800
 Woodland Park
 Rose Garden 684-4863

Other Facilities

Seattle Aquarium..... 386-4320
 Woodland Park Zoo.. 684-4800

Recreation Information

Public Information ... 684-8020
 Compliments/Concerns 684-4075
 Picnic Scheduling..... 684-4081
 Field Rain-Out Hotline 684-4077
 Gym Rentals..... 684-7095
 Youth Athletics 684-7094
 Adult Athletics 684-7092

Delridge Calendar of Events

June

- Tue, Jun 13** Special Populations:
What's Cooking? — First Class
- Mon, Jun 26**
— **Fri, Sep 1** Summer Day Camp
Middle School Summer Camp
- Tue, Jun 27** Move Over Mozart — First Class
- Wed, Jun 28** Jazz II — First Class
Tap II — First Class
- Thu, Jun 29** Beginning Tap Dance
— First Class



July

- Sat, Jul 1** Beginning/Intermediate
Egyptian Belly Dance
— First Class
Basic Egyptian Belly Dance
— First Class
- Mon, Jul 10** Beginning Line Dancing
— First Class
Beginning Partner Line Dancing
— First Class
Salsa Dancing — First Class
Salsa Dancing Partners
— First Class
- Tue, Jul 11** Beginning Ballroom Dancing
— First Class
Jitterbug Swing — First Class
Jitterbug Swing Partner
— First Class

September

- Fri, Sep 1** Last Day of Summer Camps:
Summer Day Camp
Middle School Summer Camp
- Wed, Sep 6** All Child Care Programs Begin:
Early Bird Care Program
Before School Program
After School Care Program
- Mon, Sep 18** Flag Football begins

Visit us on the web: www.seattle.gov/parks/centers/Delridge.htm

Delridge Community Center
4501 Delridge Way SW
Seattle, WA 98106
(206) 684-7423

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